

## MENU WORKSHEET – Breakfast K-5 (350-500 calories), 6-8 (400-550 calories), and 9-12 (450-600 calories)

	Mon	Tue	Wed	Thurs	Fri	Wk Total
<b>Menu:</b> <b>Grain</b>  <b>Fruit/Vegetable</b>  <b>Milk</b>  <b>Meat/Meat Alternative</b> ( <i>Optional</i> )						
<b>Grains:</b> <b>K-12</b> (1 oz minimum per day) K-5 (7 oz. per week) 6-8 (8 oz. per week) 9-12 (9 oz per week)  <ul style="list-style-type: none"> <li>All Grains must be 51 % WGR</li> </ul>						
<b>Fruit/Vegetables:</b> <b>K-12</b> (1 cup per day) <ul style="list-style-type: none"> <li>Half of fruit and vegetables may be juice</li> <li><b>Vegetable Substitution</b>                For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables”             </li> </ul>						
<b>Fluid Milk:</b> <b>K-12</b> (1 cup per day/5 days per week)  <ul style="list-style-type: none"> <li>Options are Skim, 1% or Chocolate Skim</li> </ul>						
<b>Meat/Meat Alternative:</b> ( <i>Optional</i> ) <ul style="list-style-type: none"> <li>There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.</li> </ul>						

All breakfast items must be *trans* fat free (<.5 g per item)  
 Saturated fat must be less than 10% of calories

Sodium Targets: K-5 (540 mg) Grades 6-8 (600 mg) Grades 9-12 (640 mg)